

What is CCE's Family Health and Wellness Program?

Cornell Cooperative Extension (CCE) was established in 1917 to disseminate unbiased, research-based information from Cornell University and other universities in the land-grant system. Affiliated with the College of Human Ecology at Cornell University, the Family Health and Wellness Program (FHW) is one of CCE's oldest initiatives. The FHW program provides practical solutions to the real-life issues that Suffolk County families face. The three main educational initiatives are:

- Strengthening families
- Improving nutrition and health
- Managing and preventing the health consequences of obesity and diabetes

The extension educators in the FHW program are experts in the fields of child development, positive parenting practices, nutrition and health. Their goal is to help adults make research-informed decisions for themselves and their families.

Cornell Cooperative Extension Suffolk County

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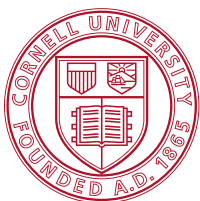
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Strengthening Families and Communities • Protecting and Enhancing the Environment • Fostering Economic Development • Promoting Sustainable Agriculture

PARENT UNIVERSITY

2019-20

A T Y O U R L I B R A R Y



PARENT UNIVERSITY AT YOUR LIBRARY

Presented by Cornell Cooperative Extension's Family Health and Wellness Program

What is Parent University?

Parent University is a series of workshops on relevant parenting topics for parents of children in Pre-K through 6th grade. Libraries can schedule any four parenting workshops from the list below for \$750 at a savings of \$250. The workshops below are suggestions. A full menu of our programs can be found on our website at: ccesuffolk.org/resources/educational-programs-for-adults

Scheduling: Each workshop is 2 hours long and can be scheduled during the day or evening. To schedule Parent University at your library, or if you have any questions, contact Kerri Kreh Reda, kk5@cornell.edu.

Parent University for Libraries

Raising Responsible Children

We all want our children to grow into being responsible, contributing members of our families and, ultimately, of society. How do we guide our children to acquire the necessary skills and motivation? This workshop will explore parenting practices that teach children responsibility for themselves, for their schoolwork, for their home and for their relationships.

Grandparenting Today

Child rearing practices have changed over time. You raised your children and are now helping to care for your grandchildren while their parents are at work. Learn what today's child development research recommends for young children regarding discipline, brain development, sleep needs, safety issues, and screen use (smart phones, computers). Positive communication between parents and grandparents is critical, and effective methods will be discussed.

Baby, Let's Sleep

During a child's first 2 years of life, sleep problems are one of the most common complaints of parents. In this workshop for parents of infants and toddlers, we will review sleep requirements, recommendations and routines. We will also look at normal infant sleeping patterns, and discuss ways that parents can help their baby learn how to self-soothe and fall asleep.

Your Family and Screens

During this workshop, we will review what the research says about the impact screens (computers, tablets, smart phones etc.) have on your growing child. We will look at the recommendations set by the American Academy of Pediatrics and offer suggestions for creating a healthy screen environment for your family. Appropriate for parents of children up to 12 years old.

The Family Table

Our busy schedules have driven many of us away from the everyday family table. But now more than ever we need the benefits of gathering together to bond as a family. Learn how to make your family connection, nutrition and well-being a priority once again. Find out how to build the important foundation for a lifetime of good eating habits and strong family bonding. In this program you'll learn about the multiple benefits of family mealtimes in addition to tips for getting the family together despite our busy schedules.



Easing Homework Hassles

Homework can be a source of constant conflict between parents and their school aged children. In this workshop, parents will learn why homework is important, identify typical homework problems and explore ways to help their children succeed with school work at home.

In The Kitchen With Your Little Chef

Join us for a program for parents and children where parents learn about the feeding relationship, strategies for improved communication with their children and cooking ideas to share with their families. Both parents and children participate in cooking activities. **This program has a materials fee of \$40 to cover the cost of food.*

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Cornell Cooperative Extension in Suffolk County provides equal program and employment opportunities.
Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.